

May Football



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 7 on 7 Practice 3-4 pm 7 on 7 vs. Riverside HS 4-6 pm Varsity only	8	9	10	11	12	13
14 7 on 7 Practice 3-4 pm 7 on 7 vs. Riverside HS 4-6 pm Varsity only	15	16	17	18	19	20
21 7 on 7 Practice 3-4 pm 7 on 7 vs. Riverside HS 4-6 pm Varsity only	22	23 Spring Football 3:15-5:30 pm for any current PVI student-athlete coming out for football	24 Spring Football 3:15-5:30 pm for any current PVI student-athlete coming out for football	25 Spring Football 3:15-5:30 pm for any current PVI student-athlete coming out for football	26	27
28	29	30 Spring Football 3:15-5:30 pm for any current PVI student-athlete coming out for football	31 Spring Football 3:15-5:30 pm for any current PVI student-athlete coming out for football			

June Football



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spring Football 3:15-5:30 pm for any current PVI student-athlete coming out for football	2	3
4	5	6 Exams	7 Exams	8 Exams	9 Exams	10
11	12 Weight Room/ Condi 10-noon	13 Weight Room/ Condi 10-noon	14 Weight Room/ Condi 10-noon	15 Weight Room/ Condi 10-noon	16	17
18	19 Weight Room/ Condi 10-noon Football Youth Camp 6-9 pm	20 Weight Room/ Condi 10-noon Football Youth Camp 6-9 pm	21 Weight Room/ Condi 10-noon Football Youth Camp 6-9 pm	22 Weight Room/ Condi 10-noon Football Youth Camp 6-9 pm	23	24
25	26 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditionina	27 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditionina	28 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditionina	29 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditionina	30	

- *Physicals must be completed electronically before summer workouts. Be sure to get your physical after May 1, 2023 and before the last day of school.
- *Do not schedule a vacation in August if you plan to play Varsity – practices are mandatory.
- *Upperclassmen must make 20 of the scheduled pre-season workouts. If you play a summer sport, Coach will work with you but see him before exams.
- *Timed 10-minute mile for upperclassmen is required on the track in front of Coach G on the day you pick up equipment.

July Football



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	6 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	7	8
9	10 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	11 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	12 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	13 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	14	15
16	17 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	18 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	19 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	20 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	21	22
23	24 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	25 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	26 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	27 Weight Room/ Condi 10-noon Rising Freshmen WR/Conditioning	28	29
30 Equipment hand-out rising sophomores, juniors & seniors at 3 pm Program-wide BBQ at 6:00 pm on campus patio	31 Varsity football meeting 6 pm PAC team room					

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*Timed 10-minute mile for upperclassmen is required on the track in front of Coach G on the day you pick up equipment.

August Football



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 JV/Varsity practices 7-9:30 pm EVENINGS	2 JV/Varsity practices 7-9:30 pm EVENINGS	3 JV/Varsity practices 7-9:30 pm EVENINGS	4 JV/Varsity practices 7-9:30 pm EVENINGS	5 JV/Varsity practice 10 am – 1 pm
6	7 JV/Varsity practices, meetings, WR 7 to 9:30 am 11:30 am – 2 pm	8 JV/Varsity practices, meetings, WR 7 to 9:30 am 11:30 am – 2 pm	9 JV/Varsity practices, meetings, WR 7 to 9:30 am 11:30 am – 2 pm	10 JV/Varsity practices, meetings, WR 7 to 9:30 am 11:30 am – 2 pm	11 JV/Varsity practices, meetings, WR 7 to 9:30 am 11:30 am – 2 pm	12 Varsity scrimmage TBD
13	14 Program-wide afternoon practices times TBD	15 Program-wide afternoon practices times TBD	16 Program-wide afternoon practices times TBD	17 Program-wide afternoon practices times TBD	18 Program-wide afternoon practices times TBD Varsity scrimmage TBD	19 JV/Varsity am practice
20	21 Program-wide afternoon practices times TBD	22 Program-wide afternoon practices times TBD	23 Program-wide afternoon practices times TBD	24 Program-wide afternoon practices times TBD	25 Program-wide afternoon practices times TBD	26
27	28 Program-wide afternoon practices times TBD	29 Program-wide afternoon practices times TBD	30 Program-wide afternoon practices times TBD	31 Program-wide afternoon practices times TBD		

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*Upperclassmen must make 20 of the scheduled pre-season workouts. If you play a summer sport, Coach will work with you but see him before exams.

*Timed 10-minute mile for upperclassmen is required on the track in front of Coach G on the day you pick up equipment.